

## A&W CHEST PRESSES

These are called *A&Ws* because the arms form an *A* and a *W* while doing the chest presses.

### **Benefits »**

- Strengthens arms, chest, and shoulders.
- Strengthens core stabilizers.
- Incorporates tall sitting to enhance form and posture.
- Allows participants to choose sitting or standing.

### **Set It Up »**

Each participant will need a Thera-Band for this exercise. One progression has participant seated on a balance disc in a chair with arms.

### **How to Do It »**

#### **The Start**

- Participants run a Thera-Band behind their back and arms, just below the shoulder blades. They hold one end of the band in each hand, with hands next to the chest and elbows behind the chest.
- They sit tall and lift their elbows away from the torso so arms are parallel with floor and hold their hands palms down. This is the *W*.



#### **The Moves**

Use the following cues.

- Press the arms straight out until the thumbs touch. This is the *A* position.
- Pull the arms back again to the *W* position.
- Repeat 8 to 12 times, as tolerated.

### **Take It Further »**

- Increase repetitions until 15 can be done successively.
- Tighten up on the bands or use a stronger resistance band.
- Hold the *A* position longer.

### **Give It More Balance »**

- Sit closer to the edge of the chair, feet tandem, heels lifted.
- Do seated on a balance disc (*only* if the chairs have arms).
- Stand, with one leg touching the chair.

### **Keep It Safe »**

Make sure bands are across the back and not the neck. If this is tough for some to do, have them run the band under their arms instead of over.